

Recreation Guide Pull-Out

April-June 2016

Live Here, Play Here!



Pony Riding Page 21

**Registration
Opens Online
March 11!**



www.CulpeperRecreation.com

Parks@CulpeperCounty.gov

www.facebook.com/CulpeperRecreation



Spring Schedule

ARTS & CRAFTS

ART JAM: 3D ACADEMY

Ages 6-16yrs, 8wks
At a time designed for **homeschooled** students, this class will provide an opportunity to play with a wide variety of materials while creating three-dimensional art in the form of sculpture and functional objects. Students will learn about different types of clay, as well as papier maché and plaster. The class will be tailored for each child's age, interests, and abilities. All supplies are provided. Sibling discount \$5.00.
Instructor: Kelly Rozwadowski
K Art & Design, 121 W. Locust St, Suite 105
Register By: 3/31
W 4/6-5/25 \$75
Ages 6-8yrs 9:00a-10:00a #2610.0022
Ages 9-16 10:30a-11:30a #2610.0038

ART JAM: 3D

Ages 6-12yrs, 4 wks
This class will provide an opportunity to play with a wide variety of materials while creating three-dimensional art. Students will explore wire, papier maché, and clay. The class will be tailored for each child's age, interests, and abilities. The class includes sketchbook assignments and group critiques. All supplies are provided.
Instructor: Kelly Rozwadowski
K Art & Design, 121 W. Locust St, Suite 105
Register By: 4/5 #2610.0039
Sa 4/9-4/30 12:30p-2:00p \$65

Discount Theme Park Tickets!

The Department should be selling them again. Check online for details.

ART JAM: ZENTANGLE

Ages 6-adult, 4wks
Let's Doodle! See page 18 for activity details.

ART JAM:

DRAWING PEOPLE AND PERSONALITIES

Ages 13yrs-adults, 4 wks
Learn tips and tricks to make drawing portraits with personality! We'll work from photographs and live models, exploring black and white and color techniques. The class includes sketchbook assignments and group critiques. All supplies are provided.
Instructor: Kelly Rożwadowski
K Art & Design, 121 W. Locust St, Suite 105
Register By: 4/5 #2610.0040
Sa 4/9-4/30 2:30p-4:00p \$65



QUILTING

Ages 18-adult, 5wks
Come join long time quilter, Joyce Calhoun as she walks you through making a quilt. The specific pattern that will be used will be listed online. Must have your own sewing machine (and know how to use it), and the supply list is available online or in the P&R office.
Instructor: Joyce Calhoun
4H Extension Office, 101 S. West St.
Register By: 4/7 #2610.0041
W 4/13-5/11 11:00a-2:00p \$45



CulpeperRecreation

DANCE

ADULT DANCE

Ages 16-adult, 4wks
Come join professional dance instructor, Lee Santos, for these beginner's dance classes.
The **6:15pm** class will focus on the most popular ballroom dance, the Foxtrot.
The **7:15pm** class will get you hopping to the beats of the Swing Dance!
Must register as a couple. **No class 4/11**
Instructor: Lee Santos
Location TBD
Register By: 3/29
M 4/4-5/2 \$100/couple
Foxtrot: 6:15p-7:00p #2611.0007
Swing: 7:15p-8:00p #2611.0006

HEALTH & FITNESS

ZUMBA

Ages 13-Adult, 4wks
Zumba combines international rhythms and interval training for a high-energy, big-fun workout! The best part – no mirrors are used! This is a great class for Women or Men who want to have a fun workout. Taught by a licensed Zumba instructor, this multi-level class will include high and low impact options. Please wear sneakers and bring a bottle of water and a towel.
Instructor: Kelly Rozwadowski
Community Room, 303 N. Main
M 6:15p-7:15p \$35
4/4-4/25 *Register By:* 3/29 #1512.0073
5/2-5/23 *Register By:* 4/26 #2512.0058
6/6-6/27 *Register By:* 5/31 #2512.0059
W 6:15p-7:15p \$35
4/6-4/27 *Register By:* 3/31 #1512.0076
5/4-5/25 *Register By:* 4/28 #2512.0060
6/1-6/22 *Register By:* 5/26 #2512.0061

Registration is EASY!!!

see page 25 - 26

Spring Schedule



Welcome To the Spring Issues of the Culpeper County Parks & Recreation’s Activity Guide!!!

Thank you for taking the time to look through the activities offered to you by the Culpeper County Parks & Recreation Department. There are some great NEW programs this session, like Chair Yoga (page 18), Co-Ed Basketball (page 22), and a few NEW COOKING classes, including Yogurt & Cream Cheese Making, Feta Cheese and Pretzel Making (page 19).

There are a lot of great regular programs also!! Including our series of ART JAM classes (page 16 and page 20), Pony Riding and Horseback Riding Lesson (page 21), and don’t forget Fido—the Department offers you a great choice of Dog Obedience classes (page 20) starting for puppies 3 months all the way up to senior citizen dogs of 13+ year.

If there is an activity that you don’t see, just shoot us a quick email with your idea. Parks@CulpeperCounty.gov. If you know someone that will teach—that’s even better!

Don’t forget to check out page 24 for an update of what’s been going on in your Parks & Recreation Department. Be sure to follow us our on webpage—www.CulpeperRecreation.com and on Facebook.com/CulpeperRecreation. That is the easiest way to stay up to date on what’s going on, and occasionally to find a coupon for a discount on your favorite class!

Until Next Session, be sure *Live Here, Play here!*
~Parks & Recreation Staff

HOT HULA FITNESS®

Ages 13-Adult, 4wks
Get fit and celebrate summer with a fun Polynesian-inspired workout for all fitness levels. **HOT HULA fitness®** isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, **HOT HULA fitness®** incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. (please note this is hula as in Hawaii, not hula hoops)
Instructor: Kelly Rozwadowski
Community Room, 301 N. Main
Tu 6:15p-7:15p \$35
4/5-4/26 Register By: 3/30 #2512.0062
5/3-5/24 Register By: 4/27 #2512.0063
6/7-6/28 Register By: 6/1 #2512.0064

PLANNING THAT BIRTHDAY PARTY OR FAMILY REUNION?

The Department offers two different parks to fit your needs. Looking for an outdoor picnic shelter? Then Spilman Park is for you!
Spilman Park in Amissville is a 29-acre park that boasts an outdoor picnic shelter that will seat 60-80, has 4 charcoal grills and a horseshoe pit. Also offered to the public are walking trails, a blue bird trail, a playground for 2-5yrs olds, and more.

Need an indoor facility? Then you’ll want Lenn Park. An 80-acre park near Stevensburg with a picnic pavilion that seats 60-80 outside and an additional 60 inside the Activity Room with heat and A/C and an optional warming Kitchen.

Lenn Park also offers the public walking trails, a blue bird trail, playground for age 2-12, and more!

Visit www.CulpeperRecreation.com & click *Parks*

TABLE OF CONTENTS

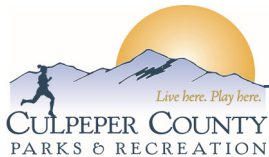
Activities

Arts & Crafts16
Dance16
Health & Fitness16-18
Leisure Learning18-20
Paws & Hoofs20-21
Preschool21
Seniors21
Special Events21
Sports22
Summer Camp23
Trips23
Fun Times Guide23
An Update24
Registration Form25
ActiveNet Customer Account Form25
How to Register26

www.CulpeperRecreation.com

155 West Davis Street, Suite 100
Culpeper, Virginia 22701
P: (540) 727-3412 F: (540) 727-2802





Spring Schedule



CHAIR YOGA

Ages 16&up, 4wks

This is a great class for those who have difficulty standing for long periods. Chair yoga is a gentle form of yoga which is practiced sitting on a chair or standing using a chair for support. We start with breathing, practice different poses and end with relaxation in the chair or on the ground.

Instructor: Pranapiloga

133 E. Davis St., Suite 350

Tu 12:30p-1:30p \$35

4/5-4/26 Register By: 3/30 #2512.0065

5/3-5/24 Register By: 4/27 #2512.0066

TAI CHI

Ages 16-Adult, 4wks

Tai Chi is a gentle, flowing, meditative-style of exercise that produces greater energy and ease for the body, mind and spirit. This wonderful, healthy exercise is appropriate for both men and women. All levels of ability are welcome; from the person who has never taken a Tai Chi class to the 20-year veteran. Please wear comfortable clothes that you can move in.

Instructor: Remi Godlewski

Community Room, 303 N. Main

W 2:30p-3:30p \$35

4/20-5/11 Register By: 4/14 #1512.0080

5/25-6/15 Register By: 5/19 #1512.0081

OLD NEWS - GOOD NEWS!

As you may be aware by now, Culpeper County Parks and Recreation Department and PRO's Consulting have launched an initiative to develop a "Master Plan" with your input. The Master Plan will provide the County with direction and action steps to continue the development of a comprehensive park system and recreation programs that meet our citizens' needs. Please continue to watch county web site and other data sources, along with public meetings to give your ideas and needs!

www.PlayCulpeper.com

LEISURE LEARNING

Outdoor Fun with Naturalist Ron Hughes!

ANIMAL TRACKING

Ages 8-adult, 1day

Ever wonder what animal made that muddy print on your driveway or sidewalk, or left a footprint in your garden? You just may find out in this class! Join Naturalist Ron Hughes as you explore the primitive art and skill of animal tracking. You'll learn and discuss what tracking is, what tracks are, where to find tracks, and how to identify many of our local mammals. Later venture out to explore the nearby landscape to track animals. Please dress appropriately for the conditions. You could get a little dirty. Ages 8-15 must be accompanied by a Registered adult.

Instructor: Ron Hughes, Naturalist

Lenn Park Pavilion, 18063 Stevensburg Rd,

Su 1:00p-4:00p \$29

4/3 Register By: 3/29 #2613.0031

5/1 Register By: 4/26 #2613.0032

THE USES OF WILD PLANTS

Ages 12-adult, 1day

Come join in the fun and fascinating discovery of wild plants and their traditional uses. Explore which plants can be eaten, used for tea, used for survival, taken for medicine, used for fiber, and more. Terminology, identification, collection and much more will be covered in this hands-on workshop which includes a nice, long walk in the field to identify plants and even try a few. You'll also get hands on experience extracting and twisting plant fiber to make cordage while trying a great spring tonic - sassafras tea. You'll finish the class making bark berry buckets to

Continued next column....

take home. Ages 12-15 must be accompanied by a registered adult.

Instructor: Ron Hughes, Naturalist

Spilman Park Shelter, 3453 Colvin Rd, Amissville

Register By: 4/12 #2613.0033

Su 4/17 1:00p-5:00p \$29



Naturalist Ron Hughes explains the details of plant identification. Participants then had the option to try this sweet plant—honeysuckle.

MORE USES OF WILD PLANTS

Ages 12-adult, 1day

Pre-requisite: The Uses of Wild Plants

Are you ready for MORE!!! Naturalist Ron Hughes is! Come back for a more in-depth look into the joy and fascination of wild plants and their uses. Enjoy a more detailed focus on habitats, gathering, and preparation for food. At the beginning, participants will spend time refreshing terminology and identification tips. Then, all will spend several hours afield applying new skills and using field guides to identify useful plants and gather them. Finally, participants will prepare what was gathered for an enjoyable meal.

Instructor: Ron Hughes, Naturalist

Spilman Park Shelter, 3543 Colvin Rd, Amissville

Register By: 5/10 #2613.0034

Su 5/15 1:00p-5:00p \$35

Registration is EASY!!!

see page 25 - 26

Spring Schedule



Easy Cooking with Sharon of Hobby Hill Farm Fresh

DISCOUNT!!!

SAVE \$10 when one person registers for both Hobby Hill Farm Fresh Classes on the Same Date (in the same transaction).

Mozzarella/Ricotta AND Yogurt/Cream Cheese or Artisan Bread AND Endless Pasta or Feta Cheese AND Soft Pretzel

ENDLESS PASTA

Ages 14-adult, 1day
Did you know making Pasta at home is not only fast but super easy? Did you receive a pasta machine as a gift and are unsure how to use? Let Hobby Hill Farm Fresh show you how easy it is to make 3 fresh pasta dishes at home with ease. This is a great class to take before investing in expensive equipment. Be sure to bring a few small containers to take home the pasta that you make.
Instructor: Hobby Hill Farm Fresh, LLC
4H Extension Office, 101 S. West St
Register By: 5/13 #2613.0035
Sa 5/21 10:30a-12:30p \$40

ARTISAN BREAD BAKING BASICS

Ages 14-adult, 1day
Bread is a basic staple in most Americans' lives. Come join us to learn our techniques for artisan bread baking. We will use a Dutch Oven, Pizza Stone and Baking Pans to create tasty loaf after tasty loaf in just minutes a day. Additionally, each person will receive a 6 qt. bread making vessel, and two bread making kits (flour, salt, yeast and some sourdough culture) to take home.
Instructor: Hobby Hill Farm Fresh, LLC
4H Extension Office, 101 S. West St
Register By: 5/13 #2613.0036
Sa 5/21 1:30p-3:30p \$45



CulpeperRecreation

MOZZARELLA & RICOTTA CHEESE

Ages 12-adult, 1day
Summer is coming and what better way to rejoice than with fresh mozzarella & ricotta cheese? In this class you will discover how to make Mozzarella & Ricotta in 30 minutes or less. Participants will use dairy and store-bought cow's milk in this class. Enjoy fresh cheese without preservatives or additives year round. Multiple samples will be made during class for you to try.
Instructor: Hobby Hill Farm Fresh, LLC
4H Extension Office, 101 S. West St
Register By: 6/10 #2613.0037
Sa 6/18 10:30a-12:30p \$40

YOGURT AND CREAM CHEESE MAKING

Ages 14-adult, 1day
Looking to fresh alternatives for your foods? Let Hobby Hill Farm Fresh, LLC and show you how to make your favorite dairy products using fresh or store-bought milk with just a few cultures. These foods take approximately 24 hours to make. We will show you the process from start to finish with examples of each stage of the process. **Learn to make Yogurt and cream cheese, AND sour cream and buttermilk.** Bring a few small containers to take home your samples.
Instructor: Hobby Hill Farm Fresh, LLC
4H Extension Office, 101 S. West St
Register By: 6/10 #2613.0038
Sa 6/18 1:30p-3:30p \$50



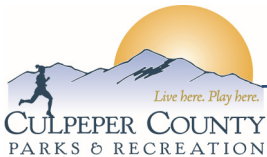
FETA CHEESE MAKING

Ages 16-adult, 1day
What is Feta? Feta is not Goat cheese but a combination of Sheep's Milk and Goat's Milk. Want to learn more about Feta, how to make Feta and how to age Feta? Register for Hobby Hill Farm Fresh's new class on June 11th. This is not an advanced class but a class taking cheese-making to the next level. We will be using cultures and a combination of Cow's Milk and Goats Milk for this class.
Instructor: Hobby Hill Farm Fresh, LLC
4H Extension Office, 101 S. West St
Register By: 6/3 #2613.0039
Sa 6/11 10:30a-12:30p \$45



SOFT PRETZEL MAKING

Ages 16-adult, 1day
Want to Master Soft Pretzel Making Techniques? Register for our Gourmet Soft Pretzel class and learn the proper way to mix dough(s), roll and twist and bake dough for the classic soft pretzel. Is your favorite pretzel the one from the mall dripping with butter or one from the county fair? Not sure? Then this class is perfect as you will learn how to make, bake and store. Bring some herbs if you like to change up your flavor profile.
Instructor: Hobby Hill Farm Fresh, LLC
4H Extension Office, 101 S. West St
Register By: 6/3 #2613.0040
Sa 6/11 1:30p-3:30p \$45



Spring Schedule

ART JAM: ZENTANGLE

Ages 6yrs-adult, 4wks
Are you looking for a way to relax? Reduce your stress? Do you like to doodle – not draw pictures but just doodle? Then this is perfect for you! What is Zentangle? It is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Kelly Rozwadowski, Certified Zentangle Teacher (CZT), will introduce the basics and guide you through the process. No experience required, but even seasoned tangles will learn something new. No drawing experience is required, if you can use a Pen - you can Zen...tangle! All supplies will be provided.
Instructor: Kelly Rozwadowski, C.Z.T.
K Art & Design, 121 W. Locust St, Suite 105
Th 6:00p-7:30p \$65
4/7-4/28 *Register By:* 4/1 #2613.0031
5/5-5/26 *Register By:* 4/29 #2613.0032
6/2-6/23 *Register By:* 5/27 #2613.0033

PAWS & HOOFS

JUST FOR FUN! DOG OBEDIENCE...

Is just what it sounds like...Fun! Whether your dog is 12weeks old or 12 years old it's never too early (or too late) to help them become the best companion that they can be. These classes emphasizes positive reinforcement through the use of praise, treats, and toys, and the importance of having fun with your dog.
If registering by mail, please note on form name, breed & age of dog

Handlers can be ages 7yrs-adults; ages 7-15yrs must have an adult remain on site.



[CulpeperRecreation](#)

JUST FOR FUN:
S.T.A.R. PUPPY KINDERGARTEN

Ages: Puppies 3-12 months; 7 wks
Now that you've got that adorable bundle of fur, let's get started on the ABC's of puppy training, using positive reinforcement. We will focus on Attention, better Behavior, and Communication through verbal & visual cues. In class, you and your puppy will work on sitting, staying, coming, walking on a leash, and most importantly, having fun! (more class details are online).
Instructor: Betty Ann Howell
Lenn Park Pavilion, 18063 Stevensburg Rd
Register By: 3/30 #2614.0107
Tu 4/5-5/17 5:30p-6:30p \$95

JUST FOR FUN:
BEGINNING MANNERS I

Ages: Dogs 5 months & up, 7 wks
Bring Fido or Fluffy out to this class where he/she will learn basic cues and enjoy socializing with other dogs. This class is for the dog just starting to learn or for the dog that knows a few cues but isn't quite ready for the Canine Good Citizen class yet. Cues that are focused on are: sit, come, down, stay, walking on a leash without pulling, and general good manners. Any dog, whether they're a 5 month puppy or a 15 year old senior can attend.
Instructor: Betty Ann Howell
Lenn Park Pavilion, 18063 Stevensburg Rd
Register by: 4/1 #2614.0108
Th 4/7-5/19 5:30-6:30p \$95

AKC CANINE GOOD CITIZEN® &
COMMUNITY CANINE®

Ages: Dogs 6 months & up; 7wks
Prerequisite: *Should have a good understanding of sit, down, stay, & come; STAR Puppy or Beginning Manners I is recommended.*
The next step in your goal of having a mannerly dog is to help your dog earn its Canine Good Citizen (CGC) certificate! The CGC program is a certification that is designed to reward dogs (mixed or pure-bred) who have good manners at home and in the community. Does your dog already have the CGC? The Advanced Canine Good Citizen - *Community Canine Certification* - (CGCA) will also be covered in this class. (Additional class details available online).
Instructor: Betty Ann Howell
Lenn Park Pavilion, 18063 Stevensburg Road
Register by: 4/5 #2614.0109
Sa 4/9-5/21 10:15a-11:15a \$95

A DOG YOU CAN LIVE WITH

Ages: Dogs 5 months & up, 6wks
Pre-requisite: Should have an understanding of sit, down and stay.
Are you frustrated with your dog's behavior? You will discover how to improve your dog's Sit, Down, Come when called, Loose-leash walking, and polite greetings. We will also work on: Go to your bed, Targeting, Waiting at Boundaries, Leave it and Attention.
Instructor: [Andrea Williams](#)
Lenn Park Pavilion, 18063 Stevensburg Road
Register By: 4/5 #2614.0110
Sa 4/9-5/14 9:00a-10:00a \$85

DOG OBEDIENCE DISCOUNTS

- Seniors - 55 & up - 10% discount
- Adopted Dogs - 20% discount
- must provide copy of adoption contract (discount NOT available online - will not be applied after registering)
- * Only one discount per family.

Please bring to class:

- A plain buckle / clip collar or harness
- 4ft or 6ft regular leash
- Small soft treats
- Bring dog's current vaccination record to first meeting.

Registration is EASY!!! see page 25 - 26

Spring Schedule



Ironwood Farm Classes: All participants are required to wear hard sole shoes with a heel. Helmets are required and provided.

PONY RIDING I

Ages 4-6, 6 wks
Students will learn basic position and commands. Emphasis is on building confidence and skills on horseback at the walk. Students will learn to walk, halt, and steer. Adult must lead horse & child around riding ring while child receives instruction.
Instructor: Ironwood Farm Staff
10291 Homeland Rd, Rixeyville
Register By: 4/5
Sa 4/9-5/14 \$140
9:30-10:00a #2614.0111
10:15-10:45a #2614.0112

PONY RIDING II

Ages 4-6, 6 wks
Prerequisite: *Pony Riding I at Ironwood Farm*
Emphasis is on refining skills on horseback at the walk and trot. Parent or other adult must lead horse & child around riding ring while child receives instruction.
Instructor: Ironwood Farm Staff
10291 Homeland Rd, Rixeyville
Register By: 4/5 #2614.0113
Sa 4/9-5/14 11:00a-11:30a \$140

BEGINNING HORSEBACK RIDING

Ages 7-adult, 6 wks
Students will learn to ride a horse independently at the walk and begin to trot, also to post and ride in 2-point position. Basic position and commands will be emphasized through fun drills and games on horseback. .
Instructor: Ironwood Farm Staff
10291 Homeland Rd, Rixeyville
Sa 4/9-5/14 \$170 *Register By:* 4/5
Ages 7-12 1:00-1:45p #2614.0114
Ages 7-12 2:00-2:45p #2614.0115
Ages 13-adult 3:00-3:45p #2614.0116

PRESCHOOL

ART JAM: MAKING MARKS

Ages 1-5, 4wks
Mr. Tony & Miss Kelly invite you to an art playdate! Children will get started "making marks" with jumbo crayons, and adults will learn ways to encourage children and make art fun for the whole family. Come play with us! Siblings get a \$2.00 discount – max of 2 kids per 1 adult. ***No Class Fri. 5/27**
Instructors: Kelly & Tony Rozwadowski
K Art & Design, 121 W. Locust St, Suite 105
F 10:30a-11:30a \$25
4/8-4/29 *Register By:* 4/4 #1615.0022
5/6-6/3* *Register By:* 5/2 #2615.0013

Sa 10:30a-11:30a \$25
4/9-4/30 *Register By:* 4/5 #1615.0025

SENIORS

SILVER CLUB

Ages 55+, weekly
There’s never a dull moment with the Silver Club. The Club is for active adults 55yrs or better. Meetings are from 10:00a.m.-2:00p.m. on Wednesdays. We offer a dynamic guest speaker program which includes all sectors of life from health care, recreation, authors, artists, non-profits, senior organizations, historians, musicians, government, military and everything else in between.
Location: CCL – Meeting Room
Dues–\$10 per year Culpeper County Residents; \$15 per year Non-Culpeper County Residents
Ages: 55 & up
Volunteer Coordinator: Marshall Conner

SPECIAL EVENTS

7TH ANNUAL WICKED BOTTOM
CROSS COUNTRY 5K & 1/2-MILE FUN
RUN

All Ages, 1 day
This Cross Country run starts from the lush grounds of Old House Vineyards. Awards will be provided. A 1/2-mile fun run through the vineyards will be held prior to the start of the 5K. There will be kid-approved activities on site while you run, hosted by KidCentral. The first 150 registered participants are guaranteed an event TECHNICAL t-shirt. So register early!
Saturday, May 7th
1/2 mile Kids Run Starts: 8:00am
5K Start: 8:15am
Fee: \$25.00 5K; \$10.00 1/2-mile
T-shirt deadline: 4/8
Pre-event deadline: 4/29
Event Location: Old House Vineyards, 18351 Corkys Lane, Culpeper VA 22701 (Per Old House, no dogs at event)

MORE EVENT DETAILS ONLINE!

CULPEPER CYCLING CENTURY

Come on out for the 10th Annual Culpeper Cycling Century (CCC) on Saturday, October 3rd! This bike ride is fast becoming a tradition boasting great scenic beauty and paved road riding in Culpeper County during the most colorful season - Fall! You can choose between 35 miles, 65 miles, or the ultimate challenge 100 miles of countryside road. The first 500 participants will receive an Event T-shirt. **Register by July 1st and SAVE \$20 off the Day of Event price!**
Sa 10/1 8:30am
35miles - \$30 (until 7/1)
65 & 100 miles - \$40 (until 7/1)



Spring Schedule

SPORTS

CO-ED FIELD HOCKEY WORKSHOP



Ages 8-16yrs, 1day
Come out and have a great time while learning the basics of field hockey in one day! We will be covering how to hold a stick to how to play a game. All levels of experience are welcomed from ages 8-16. We will group players according to their experience. Players are required to bring a stick, shin-guards, mouth-guard, and water. Siblings - \$10.00 discount
Instructor: Amber VanHorn-Walker
Culpeper Sports Complex – Practice Field D
Sa 9:00a-12:00p \$50
4/16 *Register By:* 4/12 #2619.0004
6/18 *Register By:* 6/14 #2619.0006
Register By: 5/10 #2619.0005
Su 5/15 9:00a-12:00p \$50



TINY TIGERS KARATE

Ages 4-5yrs, 4wks
NEW! This class will allow the younger student to be introduced to the basics of Karate. The Tiny Tigers will start learning the foundation of karate basics, and also will learn and practice self-control, self-discipline, and respect. Dress code: comfortable, no denim, Karate Gi (uniform) is encouraged but not required, class is done barefooted. Bring a water bottle. ***No class 5-30**
Instructor: Remi Godlewski
Community Room, 303 N. Main
M 2:45p-3:30p \$35
4/18-5/9 *Register By:* 4/12 #1519.0056
5/23-6/20* *Register By:* 5/17 #1519.0057



[CulpeperRecreation](#)

LITTLE TIGERS KARATE LEVEL I

Ages 6-11yrs, 4wks
This class is appropriate for students with little to no previous Karate experience. The Little Tigers will not only develop a solid foundation of karate basics, but also learn and practice self-control, self-discipline, and respect. Dress code: comfortable, no denim, Karate Gi (uniform) is encouraged but not required, class is done barefooted. Bring a water bottle.
Instructor: Remi Godlewski
Community Room, 303 N. Main
W 3:45p-4:45p \$35
4/20-5/11 *Register By:* 4/14 #1519.0040
5/25-6/15 *Register By:* 5/19 #1519.0041

LITTLE TIGERS KARATE LEVEL I / II

Ages 6-12yrs, 4wks
This class provides the opportunity for twice a week instruction for the student wanting to progress more quickly or as an alternate day for the new student. ***No class 5/30**
Instructor: Remi Godlewski
Community Room, 303 N. Main
M 3:45p-4:45p \$35
4/18-5/9 *Register By:* 4/12 #1519.0059
5/23-6/20* *Register By:* 5/17 #1519.0060

LITTLE TIGERS KARATE LEVEL II

Ages 7-12yrs, 4wks, ***Pre-requisite:*** 4 sessions Level 1 AND 2 yellow stripes.
In this next level, students will refine skills already learned, while they continue to develop a solid foundation of karate basics. Level II students will have the opportunity to earn their tiger stripes; rank and color belts. They will also continue to learn and practice self-control, self-discipline, and respect. Karate Gi is required. ***No class 3/30**
Instructor: Remi Godlewski
W 5:00p-6:00p \$35
4/20-5/11 *Register By:* 4/14 #1519.0043
5/25-6/15 *Register By:* 5/19 #1519.0044

LITTLE TIGERS KARATE LEVEL III

Ages 8-14, 4wks
For the students that have achieved their color belt or by permission of Sensei Remi. This class prepares the students for intermediate level karate techniques. Karate Gi is required.
***No class 5/30**
Instructor: Remi Godlewski
Community Room, 303 N. Main
M 5:00p-6:00p \$35
4/18-5/9 *Register By:* 4/12 #1519.0062
5/23-6/20* *Register By:* 5/17 #1519.0063



CO-ED BASKETBALL

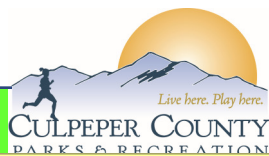
Ages 25-Adult, 5wks
Hey guys and GALS!!!, come on out and have some fun playing basketball! This is a great way to get a bit of exercise in and relieve some stress. Pre-registration is required. Registrations will not be accepted at the event.
Yowell Elem. School – Gymnasium
Register By: 4/5 #2519.0023
M 4/11-5/9 6:45p-8:45p \$15

MEN'S BASKETBALL

Ages 20-Adult, 5wks
Hey guys, come on out and have some fun playing basketball! This is a great way to get a bit of exercise in and relieve some stress. Pre-registration is required. Registrations will not be accepted at the event.
Yowell Elem. School – Gymnasium
Register By: 4/5 \$15
Ages 20& up – 6:45p-8:45p
Tu 4/12-5/10 #2519.0024
Th 4/14-5/12 #2519.0025
Ages 30& up
W 4/13-5/11 6:45p-8:45p #2519.0026

Discount Theme Park Tickets!
The Department should be selling them again. Check online for details.

Spring Schedule



SUMMER CAMP

KALEIDOSCOPE ART CAMP

Ages 6-12yrs, 5days
Fan the creative spark of your budding artist with this week of nothing but ART! Your little Picasso will discover a different form of art each day with experienced educators and working artists. At the end of the program, your young artist's creations will be on display in an art show for family and friends. Spaces are very limited, so register early.

This program is supported by a grant from the Rusty Bowers Suicide Prevention Coalition, Scott M. Fisher Foundation, and Rappahannock Rapidan Community Services Prevention.

Lenn Park Pavilion, 18063 Stevensburg Road
Register By: 5/26
M-F 6/6-6/10 \$35
Ages 6-8 10:00a-11:30a #3820.0027
Ages 9-12 12:30p-2:00p #3820.0028

Join British soccer coaches from Challenger Sports in these one week long soccer fundament skills camps!
All campers receive a FREE camp soccer ball, t-shirt, personalized evaluation and giant poster.

FIRST KICKS SOCCER CAMP

Ages 3-4yrs, 1wk
Preschools will discover skills through innovative games and activities which begin without a ball, then introduce soccer ball use once repeated success is achieved. Parents must remain on site for duration of the camp and are encouraged to join in the fun.
Instructor: Challenger Sports
Lenn Park, 18063 Stevensburg Road
Register By: 7/8 #3820.0029
M-F 7/25-7/29 9:00a-10:00a \$108

MINI SOCCER CAMP

Ages 4-6yrs, 1wk
Let your little one discover an introduction to the game through fun games, competitions and skill-developing activities. Parents must remain on site for duration of the camp.
Instructor: Challenger Sports
Lenn Park, 18063 Stevensburg Road
Register By: 7/8 #3820.0030
M-F 7/25-7/29 10:15a-11:45a \$125

HALF DAY KIDS SOCCER CAMP

Ages 6-9yrs, 1wk
Campers will explore skill development, tactical awareness and above all else fun. Camp includes drills, coached scrimmages and a daily world cup competition.
Instructor: Challenger Sports
Lenn Park, 18063 Stevensburg Road
Register By: 7/8 #3820.0047
M-F 7/25-7/29 9:00a-12:00n \$177

HALF DAY TWEENS SOCCER CAMP

Ages 10-14yrs, 1wk
Coaches generate a fun atmosphere while promoting a professional outlook for players who are serious about the game. Players are challenged through game-related techniques, advanced tactical knowledge and coached scrimmages.
Instructor: Challenger Sports
Lenn Park, 18063 Stevensburg Road
Register By: 7/8 #3820.0048
M-F 7/25-7/29 5:00p-8:00p \$177

TRIPS

Check online for details

THE FUN TIMES REC. GUIDE

Below is a listing of non-profit recreational groups based in Culpeper County. These are not operated by the Parks and Recreation Department. For questions, contact the person listed.

YOUTH SPORTS:

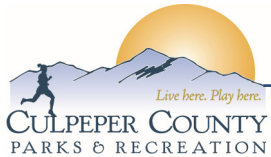
Girls on the Run
540-724-1423 www.GOTRPiedmont.org
Culpeper Soccer Club –
www.CulpeperSoccer.net
Culpeper Little League (T-ball, baseball, girls softball) -
Jon Strang - 540-937-6073
Rappahannock-Culpeper Baseball -
www.rappculpbaseball.com
Culpeper Lacrosse Association Foundation -
www.CulpeperLAX.com
Team Cobra Youth Wrestling
www.Team-Cobra.com
Culpeper Football Association -
Shane Miller—540-379-9962
Culpeper Football Assoc. Cheerleaders
www.CFA4Kids.com
Culpeper Youth Basketball -
Greg Ward - 540-547-9188
Culpeper Youth Rugby Club
www.cyrfc.org

ADULT SPORTS:

Adult Soccer
www.CulpeperSoccer.net
Adult Co-Ed Softball
Michelle Owens - mro3e@virginia.edu
Culpeper Women's Flag Football
Facebook.com search cwffl

COMMUNITY:

Culpeper Model Barnstormers (RC airplanes)
Nic Burhans - npb6218@earthlink.net
Blue Ridge Chorale of Culpeper -
www.brcsings.com
Culpeper Blue Angels All-Star Cheer & Dance
Kym Majors - 540-727-2087
Culpeper Karousel (batons)
Kim Bonner - 540-229-6819
Culpeper Run Club
Vivian Arenas triarenas@gmail.com
Verdun Adventure Bound
www.VerdunAdventureBound.org



An Update...



The Culpeper County Board of Supervisors was recently awarded a grant of \$8,006 to go towards the purchase of four AED Defibrillators which will be located at the Culpeper Sports Complex and Lenn Park. Presenting the award from left to right are Kelly Bennett, administrative assistant, Lilly Bunch, Interim President of Culpeper Wellness Foundation and presenter Sandy Boone, Director of Community Outreach and Development. Accepting the award are John Barrett, County Parks and Recreation Director and Alexa Fritz, Chairperson of Culpeper County Board of Supervisors.

Photo by Marshall Conner

THE SPORTS COMPLEX – BECOMING A MULTI-DIMENSIONAL PARK

An Old Rag Master Naturalists (ORMN) chapter project which was implemented at the Culpeper County Community Sports Complex in July 2014 with technical assistance provided by the Department of Forestry and the Culpeper Soil & Water Conservation District staff, continues to evolve. This is a multi-dimensional project which will over time include stewardship, citizen science and educational opportunities for Old Rag Master Naturalists (ORMN). The location of the project is on property owned by Culpeper County and managed by the Culpeper Parks & Recreation Department.

While the majority of the property is designated for sports activity, a system of walking trails was installed to encourage public use. Wetlands, a stand of trees and a former farm pond also exist on the property. A series of blue bird boxes has been placed along the eastern boundary of the property. The site is also home to Eastern View High School (EVHS), providing an opportunity to engage the EVHS ecology students in the work planned for the site and to provide a lab for classes and student organizations.

In July 2014, the Native Plant Restoration work began with weekly work sessions focused on reducing the abundance of honeysuckle along the walking trails and around the pond. Many trees in the area were girdled by the vine, proving the potential harm of the plant. In addition to honeysuckle, Johnson grass, Bull Thistle and English Ivy became first year target species.

In the fall of 2014, (EVHS) ecology students assisted with the efforts of eliminating non-native grasses and Osage orange fruit. They also learned to identify poison ivy and protection needed in working out-of-doors.

In the spring of 2015, efforts extended to the rain gardens, which adjoin the current area of work, and were established a number of years ago by the Culpeper Soil and Water Conservation District along with EVHS students. Neglect had led to the gardens becoming overrun with several invasive species. Work with the EVHS students continued on the invasive species clean-up and the planting of native shrub and flower seedlings around the pond. During the summer, the work included the elimination of eleven ailanthus trees around the pond and along the wetland edges as well as a couple of Bradford pear trees. The current area of work is being conducted using the method of clearing invasive species, spot treatment with herbicide when necessary, followed by inter-planting with seedlings of native species to increase the diversity of the native plant population.

In the fall of 2015, the slope at the south end of the pond was to be cleared of vegetation using herbicides and planted with a native mix of grasses and forbs. The slope was being targeted to be reseeded with fescue. Instead, by working with Parks & Recreation staff and with the aid of grant monies, a native seed mix was ordered for planting. Dogwood and redbud seedlings have been ordered to plant in the tree line along the north boundary of the property.

The blue bird boxes are managed by an ORMN member and registered with the Virginia Blue Bird Society. This citizen science project currently consists of twelve boxes that are being monitored and reported. In 2015, 3 boxes were settled by bluebirds with a total of 14 eggs, 11 hatched, 11 fledged. Tree swallows made

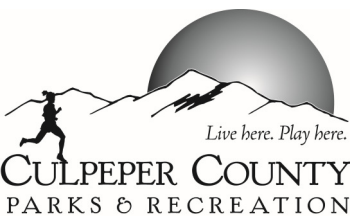
13 attempts at nesting, produced 58 eggs, 55 hatched, and 43 fledged.

In addition to the blue bird trail, work is underway to establish a monarch waystation. Working toward that goal, swamp milkweed seedlings were planted in the wetland areas in late summer. Numerous stands of common milkweed exist in many areas of the property. Planning meetings have been held to expand that opportunity to include the EVHS grounds as well.

The site is home to many species of wildlife. Other opportunities for citizen science work include general wildlife mapping, the American Butterfly annual count, and Frog Watch among others.

In the fall of 2015, an educational component was added. ORMN members led ecology students in tree ID sessions. Plans include the labeling of trees to provide educational opportunities for people using the trails. As the restoration process extends to other areas, plans to use solarization to prepare a site will also be included. Maintenance techniques will be limited to non-burning techniques due to the location and other uses of property. Member led walks of the project to explain native habitat restoration, plant and tree identification, bird, butterfly and pollinator talks will expand the educational opportunities.

The project is in its infancy stage with the potential for multi-year expansion and numerous opportunities for involvement by chapter members to make this a living laboratory for school students and the general public to learn about the benefits of habitat restoration. Since the inception of the project, forty-four work days, six educational days with students and five planning meetings have been held.



Registration Form

First Time Registering?
Please complete the ActiveNet Customer Account Form along with this registration form.

Now Accepted!!!
Visa
MasterCard
American Express
Discover

One household per registration form please. Photocopies of form are acceptable.

Account Main Contact Name: _____ Home Phone: (____) _____

Participant Name	Birth date	Activity Name	#	Date(s)	Time	Fee
Jane Doe	8/ 1 /1991	Sample Class	1610.0005	3/2-3/30/12	6-8p	\$5.00
	/ /					\$
	/ /					\$
	/ /					\$
	/ /					\$
	/ /					\$
Total (Pay this amount)						\$

Media Release: ☐ Yes ☐ No **Initial**_____ I understand that I may be photographed and/or videotaped while participating in this activity. I agree to allow Culpeper County Parks & Recreation Department to use said photographs and/or videotapes in Department publications, media campaigns, educational and/or safety purposes, but not for any profit-making activity. I further waive any remuneration for publishing and/or printing such photographs of me. I understand that by affixing my signature on this form that I attest to having read, fully understand and agree to the conditions as set forth above.

Assumption of Risk and Release: In agreeing to participate in the program, as an adult participant or as a parent or a guardian of a participant, I and/or the participant do hereby affirm that the general health of the participant is good, and that the participant is not adversely affected by exercise, and that the participant is capable of performing an activity of this nature.

In consideration of participating in this activity, I and/or the participant do hereby assume all risk of any injury to the participant and will indemnify and hold harmless, from any and all liability, action, cause of action, claims, and demands of every kind or nature whatsoever that I and/or the participant have or which arise from or in connection with my participation in this activity, the County of Culpeper, Virginia, the County Board of Supervisors, the Culpeper County Department of Parks and Recreation, the Culpeper County School Board, the Town of Culpeper, and all their officers, agents, employees, staff, volunteers and successors.

It is likewise assumed and agreed that the participant will, at his own expense, wear the proper clothing and protective equipment during the activity, and that it is the responsibility of the participant or parent or guardian to make sure the criteria are met. I grant my permission to the county or its agents to transport the participant to and from an event or activity when required and hold harmless those assigned to transport. I also agree to allow transportation of the participant to the nearest physician or hospital for medical treatment and agree to allow for immediate first aid to the injured participant, if and when deemed necessary.

Participant Signature (7yrs & older) _____ Parent / Guardian Signature (if participant 17 or younger) _____ Date _____

Customer Use - Payment Method

Check Payment Method: ☐ Check Enclosed \$ _____ # _____ ☐ Cash (Walk-in only)

Credit Card: ☐ Visa ☐ Mastercard ☐ American Express ☐ Discover

Number: _____ / _____ / _____ / _____ Exp. Date ____/____ CCV _____

Signature: _____

I agree to pay the above total amount according to card issuer agreement

Culpeper County Parks and Recreation, 155 W. Davis St., Suite 100 Culpeper, Virginia 22701
Phone: (540) 727-3412, Fax: (540) 727-2802 Website: www.CulpeperRecreation.com

ActiveNet Customer Account Form

Main contact must be at least 18 years old.
PRINT CLEARLY

Main Contact Client #1 (must be adult)

Name (First) _____
(Last) _____
Birth Date ____/____/____
Sex: ☐ M ☐ F
Street Address _____
City/State _____
Zip _____
Allergies: _____
Home Phone (____) _____
Work Phone (____) _____
Cell Phone (____) _____
E-mail address: _____

(required for confirmations & online registration)
Emergency Contact
Name: _____
Relationship: _____
Phone: (____) _____

Client #2

Name (First) _____
(Last) _____
Birth Date ____/____/____
Sex: ☐ M ☐ F
Allergies: _____
Same Address as Customer #1? ☐ Y ☐ N

Client #3

Name (First) _____
(Last) _____
Birth Date ____/____/____
Sex: ☐ M ☐ F
Allergies: _____
Same Address as Customer #1? ☐ Y ☐ N

Client #4

Name (First) _____
(Last) _____
Birth Date ____/____/____
Sex: ☐ M ☐ F
Allergies: _____
Same Address as Customer #1? ☐ Y ☐ N

If address is different from Main Contact, or more than 4 family members, please include an additional sheet of paper with correct information.

5 EASY WAYS TO REGISTER!



By Phone

- Call 540-727-3412 and select either extension 4 or 5. You can set up your ActiveNet Account and register for activities in one phone call. Payment must be made by credit card to register over the phone. ActiveNet customer accounts can also be set up via phone.



By Fax

- Simply complete the registration form (and "ActiveNet Customer Account Form" if not already done) and payment information (credit cards only) and fax to 540-727-2802.



Online

- Go to www.CulpeperRecreation.com, then click "To View Activities." Set up your ActiveNet customer account, and you can register from the convenience of your home or anywhere you have internet access.



Walk-In

- Registration will be accepted at the Parks and Recreation Office, at 155 W. Davis St. Suite 100 from 8:00 a.m. to 4:30 p.m., Monday through Friday (except holidays).
Cash /Check/ Credit Card



By Mail

- Set up your ActiveNet Account online or include the set up form on page 25 with a completed registration form and payment,
- Mail to **155 W. Davis Street, Suite 100, Culpeper, Virginia 22701.**
- Confirmations are done via email. Otherwise, please include a self-addressed, stamped envelope, if you **require** a confirmation.

REGISTRATION INFORMATION

ActiveNet

- ActiveNet is the recreation software the Department has to process registrations, provide online registration, and accept credit card payments.
- To begin using this system, each household must have an account set up in order to register for any Department activities. Please complete the "ActiveNet Customer Account Form" on page 25 and fax or mail it to the Department. You can also set up your account online. This form only has to be completed once.
- Registrations cannot be processed until the "ActiveNet Customer Account Form" has been received and processed by the Department, or you have set up your account online.
- If your address, phone number, or email changes, please be sure to log in and update your ActiveNet account or call us to update your information.

Registration:

- **Online registration begins on Friday, March 11, 2016.**
- **All other registration methods will begin on Monday, March 14, 2016.**
- Full payment must accompany registration in the form of credit card (Visa, Master Card, America Express, Discover), cash, check, or money order payable to Culpeper County Parks and Recreation.
- Registrations are accepted on a first-come, first-served basis. **Anyone can participate regardless of County of residence.**

Register By:

- The "Register By:" date is when the Department has to have the minimum number of registrations to offer the activity. If the minimum is met by this date, registrations will continue to be accepted, unless otherwise stated, until the activity is full. However, if minimum is not met by this date, the activity will not be held.

Refunds:

- If a participant needs to withdraw from a program, a full refund will be issued if the Parks and Recreation Department has been notified before the start of the second class.
- If a participant withdraws from a program after the start of the second class, then a pro-rated refund, less a \$3 processing fee, will be issued.
- Refunds for one-day activities and all bus/van trips will be given in full, prior to the registration deadline. After the registration deadline, refunds less a \$3 processing fee, are **only given** if a substitute(s) is found and that substitute(s) registers with the Department before the activity/trip date.
- If original payment was by cash or check, then a refund check is mailed to the address on file and it can take up to 45 days to be received.
- If payment was made by credit card, then refund will be processed to that same credit card.

Cancellation Policies:

- The Parks and Recreation Department reserves the right to cancel activities for any reason. Refunds are given for any canceled programs.
- The Parks and Recreation Department programs will be canceled when Culpeper County Public Schools cancel or close early for inclement weather, natural disasters or other occurrences.
- Closing announcements will be posted on: 92.5FM, 103.1FM, & 104.5FM, www.cancellations.com, www.Facebook.com/CulpeperRecreation or at 540-727-3412 and select option 1.

Adjustments

- Department staff has made every effort to prepare this section of ***The Culpeper Minutes*** as accurately as possible, however, errors can occur. Circumstances may require that adjustments be made to programs, fees, schedules, etc. The Department reserves the right to make any needed adjustments.